

What Delawareans Can Do

Get Tested

Find a [testing location near you](#). Certain locations are available for those who have symptoms and certain locations for those without symptoms.

Take steps to avoid contact with others by:

- Limit your exposure by staying at least 6 feet apart from others, and wear a face covering.
- If someone is sick in your household, have them isolate to one room, and ideally have them use a separate bathroom.
- Clean frequently used surfaces regularly.

Wash your hands for at least 20 seconds with warm water many times a day.

- Cover your cough with a tissue or your elbow.
- Do not touch your face.
- Wipe down frequently used objects like your phone with an alcohol-based wipe.
- When you go to the grocery store, practice social distancing, use a wipe for your cart, and wash your hands when you return.



Wear a Face Covering

Under Governor John Carney's [13th modification to the State of Emergency](#)

[declaration](#), Delawareans are required to wear a face covering in public if social distancing cannot be maintained. Children 2 and younger **MUST** not wear a face covering because of the suffocation danger. Face coverings are not required for children ages 3-12.

- [Face Mask Guidance Flyer \(English\)](#)
 - [Face Mask Guidance Flyer \(Spanish\)](#)
 - [Face Mask Guidance Flyer \(Haitian Creole\)](#)
- [Guidance for the Use of Face Coverings \(Masks\) During COVID-19 Pandemic for Children](#)



Practice Social Distancing

Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy

people in order to reduce opportunities for disease transmission.

During Social Distancing

- To help reduce the curve of coronavirus, **stay at home whenever possible**. If you do go out for an approved activity (things like going to the grocery store, pharmacy, picking up take out, or if you are an essential worker), be sure to maintain at least 6 feet of space between yourself and other people.
- [Social Distancing Guidance from CDC and Johns Hopkins Experts](#)
- [What To Do If You Are At Higher Risk](#)

**Secretary of Health and Social Services
Dr. Kara Odom Walker explains why it is
critical to stay at home:**

Managing Stress

We all are feeling stress right now, but there are ways to reduce those levels:

- Know that it is normal to feel stressed and anxious during this time.

- Take breaks from surfing coronavirus news and unwind.
 - Prioritize your health by eating healthy, moving regularly and getting a good night's sleep.
 - Take deep, filling breaths when you feel anxious.
 - Close your eyes, count to 10 and meditate.
 - Call your health provider if stress is impacting your day-to-day life for multiple days.
 - Talk to your family and friends, and be open about your thoughts.
 - If you are experiencing a mental health crisis, call DHSS' 24/7 Crisis Helpline at 1-800-652-2929 in New Castle County, or 1-800-345-6785 in Kent and Sussex counties.
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How to Talk to Your Children About Coronavirus

- Ask age-appropriate questions about how they feel about the virus and take their lead.
- Encourage children to ask questions and share their worries, and address them one by one. Check in regularly.
- Try to speak calmly and remain at ease when talking to kids. Kids pick up on every emotion and worry.
- Help children take charge of their health during this time with action, like hand washing.
- Talk about current events together, share positive precaution and prevention steps and show how to find news.

Frequently Asked Questions

[Is the Stay at Home order still in place?](#)

The Stay at Home Order started Tuesday morning on March 24, 2020 at 8:00 a.m. and ended on May 31, 2020. Everyone is encouraged to continue to social distance (staying at least 6 feet apart from other people), wear a face covering, wash hands frequently, and avoid touching your face.

Convalescent Plasma Donations

If you have tested positive for COVID-19 (through either a swab or a blood test), you may be a candidate for donation of convalescent plasma. It is possible that convalescent plasma (blood) collected from individuals who have recovered from COVID-19 that contains antibodies to SARS-CoV-2 (the virus that causes COVID-19) might be effective against the infection.

- [Find out how to donate if you have recovered from COVID-19.](#)

Resources

- [Send a Thank You Note to a Health Care Worker](#)
- [How to Talk to Your Child](#)
- [Managing Anxiety and Stress](#)

- [Helping Homebound Children During the COVID-19 Outbreak](#)
 - [Psychological Effects of Quarantine During the Coronavirus Outbreak: What Public Health Leaders Need to Know](#)
 - [Psychological Effects of Quarantine During the Coronavirus Outbreak: What Healthcare Providers Need to Know](#)
 - [Frequently Asked Questions](#)
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